

Mushroom & bacon burgers

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Preparation 15 mins | Cooking 10 mins | Serves 4

- 1 tbs olive oil
- 8 slices (about 175g) shortcut bacon
- 4 flat (about 85g each) mushrooms, stems trimmed
- Olive oil cooking spray
- 4 round bread rolls (we used Kaiser-style rolls)
- Butter or margarine, for spreading
- 4 green oak or butter lettuce leaves
- Barbecue or tomato sauce, to serve

STEP 1 Heat 2 tsp oil in a medium non-stick frying pan over medium heat. Cook bacon, for 2-3 minutes on each side, until golden. Drain on paper towel.

STEP 2 Liberally spray mushrooms with oil. Heat remaining 2 tsp oil in the pan over medium heat. Add mushrooms cook for 2-3 minutes on each side until tender.

STEP 3 Toast or grill bread rolls until crisp. Spread with butter or margarine. Top roll bases with lettuce leaves. Top each with 2 slices bacon and a mushroom. Drizzle with barbecue or tomato sauce. Top with bun tops and serve.

Good for you... **FLAT MUSHROOMS**

Fresh mushrooms have virtually no fat, are low-in kilojoules, and are a good source of several B vitamins as well as potassium and selenium.

